

PARENT REINFORCER SURVEY

How important are each of the following to you?

	Not at All	A Little	A Fair Amount	Important	Very Important
A fulfilling marriage					
Freedom to live as you want					
Self-confidence					
Intimate friends					
Positive outlook on life					
Happy family relationships					
Being seen as attractive					
Good health					
All the books, videos, and CD's you want					
A full-filling religion or faith					
A long, relaxing vacation					
Financial security					
Your ideal home					
A prejudice-free world					
Personal involvement in reducing rape and crime					
Popularity or fame					
Deep understanding of self					
Being your own boss					

	Not at All	A Little	A Fair Amount	Important	Very Important
Contributing significantly to environmental causes					
A loving relationship					
Satisfaction in your work or profession					
Respect from your children					
Regular access to the foods you like most					
Availability of healthy foods					
Time and opportunity to exercise					
Raising healthy children					
The ability to control your negative emotions such as anger or fear					
The ability to communicate your feelings					
Ability to perform sports well					
Outstanding academic achievements					
SUB TOTAL PART 1					

	Not at All	A Little	A Fair Amount	Important	Very Important
Avoiding open wounds or injuries					
Avoiding being alone					
Avoiding speaking in public					
Avoiding insane people					
Avoiding falling					
Avoiding dentists					
Avoiding doctors					
Avoiding being at high places					
Avoiding worms or insects					
Avoiding receiving or watching injections					
Avoiding crowds					
Avoiding large open spaces					
Avoiding handling weapons					
Avoiding being criticized					
Avoiding being in an elevator					
Avoiding airplanes					
Avoiding the sight of blood					
Avoiding rejection by peers					

	Not at All	A Little	A Fair Amount	Important	Very Important
Avoiding snakes or rodents					
Avoiding looking foolish					
Avoiding traveling more than 50 miles from home					
Avoiding dead animals					
Avoiding funerals or cemeteries					
Avoiding entering a room full of strangers					
Avoiding dark places					
Avoiding being watched while working					
Making sure your heart is regular					
Avoiding the thought of injury or pain					
Avoiding thinking about your own shortcomings					
Avoiding the sight of nude men or women					
SUB TOTAL PART 2					
TOTAL OF PARTS 1 & 2					

Evaluating the totals in Part 1 for "Important" and "Very Important" will give you an index of how many things you find rewarding. Depressed individuals will tend to find fewer things rewarding. A lot of Part 2 entries in "Important" and "Very Important" may indicate excessive fears or phobias. Ideally, a person will have an even distribution of scores across all levels. This indicates a balance between excessive fears and sufficient reinforcers in life.